

MONTGOMERY COUNTY RECREATION DEPARTMENT

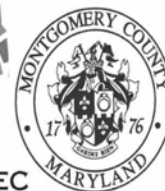
LONG BRANCH SENIOR CENTER

LONG BRANCH COMMUNITY CENTER

8700 PINEY BRANCH ROAD, SILVER SPRING, MD 20901

240 777-6975

[HTTP://MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC)



May 2011

Elizabeth Ortega-Lohmeyer, Director,

Staff: Carol Clatterbuck, Leah Kwait-Blank, Nancy Martínez, Richard Gutiérrez,
Celibel Cortes, Philler Johnson



Mother's Day Celebration

Wednesday, May 4th 10:00 am to 2:00 pm

Cost: \$10:00 per person

Schedule of activities

10:00 am to 11:00 am: Registration, reading of Poems.

11:00 am to 12:00 pm: Professor María Lojo plays the piano, Nancy Martínez plays the guitar and the Long Branch Girls sign international music dedicated to all mothers. Phil Johnson and the Senior Angels will perform songs that will stay in your mind forever.

12:00 pm - 2:00 pm: DJ Good Vibrations plays music for all, rock, salsa, bolero, jazz, Caribbean, for everyone to dance.

1:00 pm to 2:00 pm: Lunch catered by Chef Sia includes Roasted Chicken, Roasted Red Potatoes with Onions and Green Peppers, Vegetables Normandy, Rolls with Butter, Orange Juice, Coffee, Tea, Milk, and Water and lots of Love.

**Monday, May 30th,
Center closed for
Memorial Day**

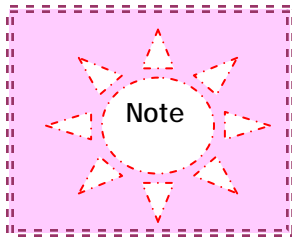
Now in Facebook under LongBranch Senior

facebook

Name:
LongBranch Senior

SPEAKERS, ENTERTAINERS AND SPECIAL EVENTS

Long Branch Senior Center is looking for used DVD's that we could show to the seniors. In the past few months we've been showing more movies and unfortunately, we do not have a wide variety to keep them entertained. Any donation will be accepted and is appreciated.



All programs are free except when indicated. All programs are subject to change. Call our office at 240-777-6975 if you have any question, thank you.

Monday, May 2nd, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am to 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends Thursday, May 16th.

10:30 am: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

10:30 am to 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am to 1:00 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends May 16th.

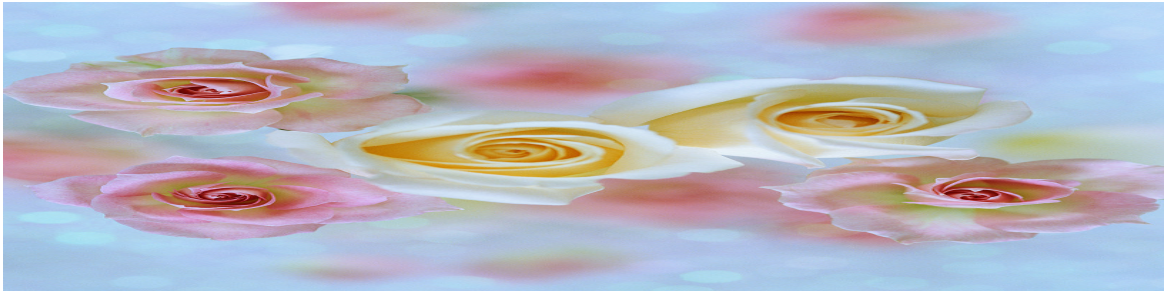
12:00pm: Spanish Conversation Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

12:00 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Swedish Meatballs, Brown Rice, California Veggies, Mixed Green Salad, Whole Wheat Bread, Fresh Pear, Coffee, Tea, and Water.

**Tuesday, May 3rd, 10:00 am to 10:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *Lam Bảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am to 11:30 am: Basic Computer Course

Learn the fundamentals targeted for those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class ends Tuesday, May 17th.

10:00 am: US Movie with Subtitles in Spanish**10:30 am: PACE (People with Arthritis Can Exercise)**

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:00 am: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am to 1:00 pm: Basic Computer Course in Spanish

Learn the fundamentals targeted for those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class ends Tuesday, May 17th.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

1:00 pm: Lunch, Split Pea Soup, Baked Pollack, Lemon Butter Sauce, Honey Glazed Carrots, Tossed Salad, Corn Muffin, Orange, Coffee, Tea, and Water.

Wednesday, May 4th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving.

Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 2:00 pm: Mother's Day Celebration \$5 or depends of the cost of the flowers

Professor María Lojo

1:00 pm: Lunch, Roasted Chicken, Roasted Red Potatoes with Onion and Green Pepper, Vegetables Normandy, Rolls and Butter; Juice and Milk

Thursday, May 5th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee and Cinco de Mayo celebration

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am to 11:30 am: Keyboarding Course B

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends May 19th.

10:00 am to 12:00 pm: Exercise and Your Heart

Leni Barry RN, MSN, MA, Nurse Health Educator, from Suburban Hospital presents a seminar on blood pressure which will include a discussion among participants, a DVD presentation, and handouts for the participants to refer and take home. Program is in English with an interpreter in Spanish.

10:30 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym. Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:00 am to 1:00 pm: Every Diabetic Counts

In a partnership with Delmarva Foundation Diabetic Education classes are presented every Thursday until May 26th. Ms. Robin Martínez, RN, BSN, CDE administers the class with an interpreter in Spanish. If you are a Medicare beneficiary with diabetes sign up today to take the class, call at 1-800-876-3362.

11:30 am – 1:00 pm: Keyboarding Course in Spanish B

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends May 19th

12:00 pm to 2:00 pm: Know your Blood Pressure Numbers Program

Leni Barry RN, MSN, MA, Nurse Health Educator from Suburban Hospital presents this Heart Health Risk Factor Assessments Program which includes Blood pressures/Heart Rates/BMI (weight calculation) and the completion on a new Heart Health Profile Card; each visit of Nurse Leni Barry from Suburban Hospital will be a re-assessment of blood pressure, heart rate, BMI, and each individual will be able to track their progress. It is important for everyone to have a goal they are working on with instruction to actually make lifestyle changes to help maintain Heart Health.

12:00 pm: US Movie with Spanish subtitles.

12:00 pm: Long Branch Seniors Advisory Committee meeting and welcome to new members

12:00 pm to 1:00 pm: Santé Discussion Group - Family Relations

In co-sponsorship with Affiliated Santé Group, Therapist Maricela Barroso focuses this interactive group on developing skills to help cope with everyday life. Session is in English only.

1:00 pm: Lunch, Baked Chicken Leg, Black Eyed Peas, Broccoli Cuts, Garden Salad, Whole Wheat Bread, Banana, Coffee, Tea, and Water.

Friday, May 6th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teach advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee: \$3.00.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Cold Salad Plate, Turkey Salad, Italian Pasta Salad, Cole Slaw, Whole Wheat Crackers, Peach Cobbler, Orange and Pineapple Juice, Coffee, Tea, and Water.



Monday, May 9th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am to 11:30 am: Keyboarding Course A

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends May 16th.

10:00 am to 12p m: Know your Blood Pressure

The Health and Wellness program of Adventist Healthcare takes your Blood Pressure every second Monday of the month.

10:30 am: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

10:30 am to 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am to 1:00 pm: Keyboarding Course in Spanish A

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends May 16th.

12:00pm: Spanish Conversation Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Vegetable Soup, Roast Turkey, Mashed Potatoes, Broccoli Slaw, Pumpernickel Bread, Tropical Mixed Fruit, Coffee, Tea, and Water.



Tuesday, May 10th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *Lam Bảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net at 240-487-6729; or e-mail lambao@comcast.net

10:00 am to 11:25 am: Basic Computer Course A

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Session ends on May 17th.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Combating Allergies

Lecture given by a specialist from Health and Wellness Program of the Adventist Healthcare, session is in English and Spanish.

11:00 am: Citizenship

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.



11:30 am to 1:00 pm: Basic Computer Course A in Spanish

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions ends on May 17th.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am: Aging and Disability Resource Center

Client Assistance Worker from HHS, Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

12:00 pm: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Bingo

Play for fun or for prizes. Cost \$1.00.

1:00 pm: Lunch, Orange Juice, Cold Salad Plate Grilled Chicken Salad, Corn Salad, Whole Wheat Roll, Honeydew Melon, Coffee, Tea, and Water.



Wednesday, May 11th, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am to 1:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the “Rosetta Stone” program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:00 am: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

10:30 am: Seated Volleyball

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11:00 am: Brainworks

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11:00 am: USA Movie with Spanish subtitles.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Program is co-sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Broiled Haddock, Creamy Dill Sauce, Black Beans, California Veggies, Rye Bread, Banana, Cranapple Juice, Coffee, Tea, and Water.



Thursday, May 12th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am – 11:25 am: Keyboarding Course B

Learn general instruction on the computer keyboard. General computer literacy will be covered.

Cost \$12 for 6 classes. Class ends on May 19th.

10:30 am: Seated Volleyball in the Gym

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11:00 am: Citizenship

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11:00 am to 1:00 pm: Every Diabetic Counts

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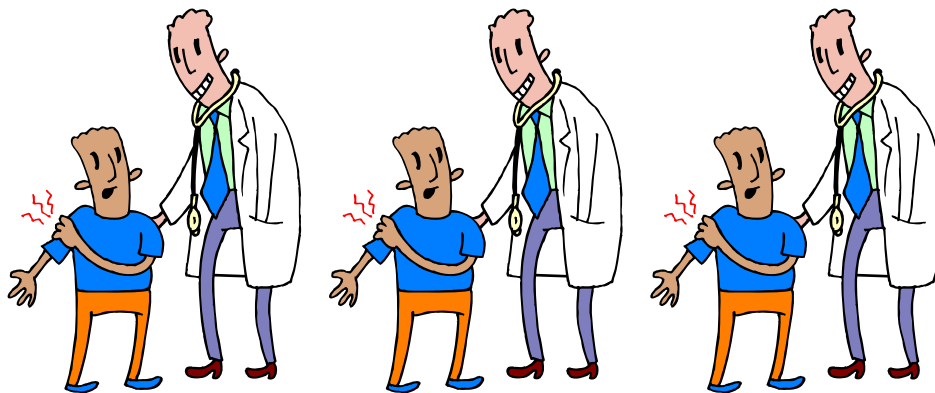
11:30 am to 1:00 pm: Keyboarding Course B in Spanish

Learn general instruction on the computer keyboard in Spanish. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends on May 19th.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

1:00 pm: Lunch, BBQ Beef on Whole Grain Bun, Green Beans, Nectarine, Orange and Pineapple, Coffee, Tea, and Water.



Friday, May 13th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

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10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

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11:30 am: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Baked Chicken Leg, Curry Gravy, Baked Potato, Mixed Vegetables, Spinach Salad, Whole Wheat Bread, Fruited Gelatin Coffee, Tea, and Water.

Monday, May 16th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

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11:00 am to 12:00 pm: Check your Blood Pressure

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1:00 pm: Lunch, Oven Fried Chicken, Baked Sweet Potato, Broccoli Cuts, Whole Wheat Roll, Cherry Crisp, Grape Juice, Coffee, Tea, and Water.



Tuesday, May 17th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

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This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions ends on May 17th.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am to 1:00 pm: Basic Computer Course A in Spanish

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions ends on May 17th.

12:00 pm: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

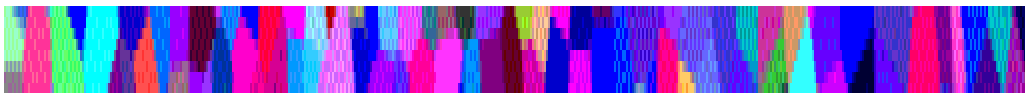
12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Spanish Beginner

Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

1:00 pm: Lunch, Roasted Turkey, Cornbread Dressing, Chopped Spinach, Italian Carrot Salad, Whole Wheat Bread, Orange, Coffee, Tea, and Water.



Wednesday, May 18th 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own. .

10:00 am to 1:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction and computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:30 am: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

11:00 am: USA Movie in English with Spanish subtitles.

12:00 pm: Melanie Polk Nutrition Education Program

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance.

Exercises are both standing and seated using weights.

1:00 pm: Birthday Celebration! Everyone who has a Birthday in May cuts the cake today.

1:00 pm: Lunch, Ginger Beef on Noodles, Cauliflower with Red Pepper, Whole Wheat Bread, Fruited Gelatin, Orange and Pineapple, Coffee, Tea, and Water.



Thursday, May 19th 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am to 11:25 am: Keyboarding Course B

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes.

10:30 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym. Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

11:00 am to 1:00 pm: Every Diabetic Counts

In a partnership with Delmarva Foundation Diabetic Education classes are presented every Thursday until May 26th. Ms. Robin Martinez, RN, BSN, CDE administers the class with an interpreter in Spanish. If you are a Medicare beneficiary with diabetes sign up today to take the class, call at 1-800-876-3362.

11:00 am: US Movie with subtitles in Spanish

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am to 1:00 pm: Keyboarding Course B in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes.

1:00 pm: Lunch, Minestrone Soup, Tuna Salad on Rye, Broccoli Slaw, Corn Salad, Peach, Coffee, Tea, and Water.

Friday, May 20th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00 per class per person.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Spaghetti with /Meat Sauce, Garden Salad, Whole Wheat Bread, Banana Cranapple Juice, Coffee, Tea, and Water.

Monday, May 23rd, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:30 am: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00.)

10:30 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Chicken Francesca, Brown Rice, Green Beans, Garden Salad, Whole Wheat Bread, Orange, Coffee, Tea, and Water.



Tuesday, May 24th, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *LamBào Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep a record of the numbers.

11:00 am: USA Movie with Spanish subtitles.

12:00 pm: Seated Volleyball

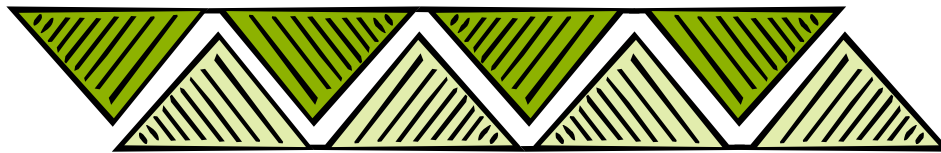
Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

12:00 pm: Bingo

Learn and play the Latin American equivalent to Bingo; play for fun or for prizes. Fee \$1.00

1:00 pm: Lunch, Open Faced Roast Beef, Mash Potatoes with Gravy, Broccoli and Carrots, Tossed Salad, Whole Wheat Bread, Pineapple Tidbits, Coffee, Tea, and Water.



Wednesday, May 25th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 1:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

11:00 am: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

11:00 am: USA Movie with Spanish subtitles.**11:00 am: Brainworks**

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

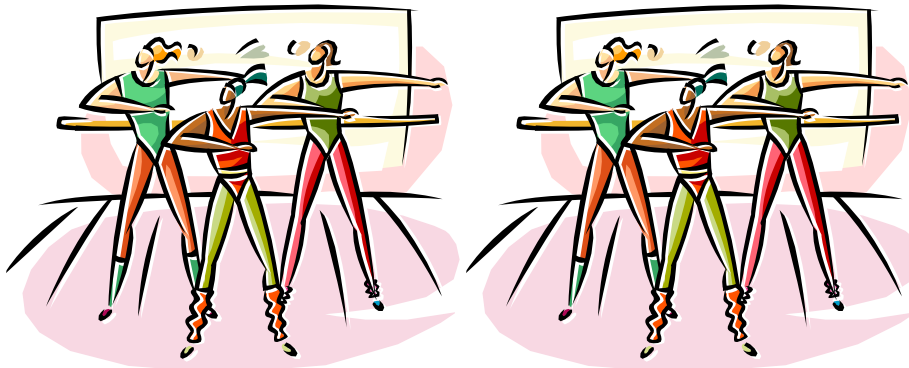
12:00 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Tomato Soup, Cold Salad Plate, Southwestern Salad, (chicken, greens, corn, beans, cheese) Whole Wheat Crackers, Watermelon, Coffee, Tea, and Water.

**Thursday May 26th, 10:00 am - 11:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:30 am: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

11:00 am to 1:00 pm: Every Diabetic Counts

In a partnership with Delmarva Foundation Diabetic Education classes are presented every Thursday until May 26th. Ms. Robin Martínez, RN, BSN, CDE administers the class with an interpreter in Spanish. If you are a Medicare beneficiary with diabetes sign up today to take the class, call at 1-800-876-3362.

12:00 pm: US Movie with subtitles in Spanish

12:00 pm to 1:00 pm: Santé Discussion Group - Family Relations

In co-sponsorship with Affiliated Santé Group, Therapist Maricela Barroso focuses this interactive group on developing skills to help cope with everyday life. Session is in Spanish only.

1:00 pm: Lunch, Meatloaf, Baked Sweet Potato, Spinach Salad, Pumpernickel, Diced Pears, Cranapple Juice, Coffee, Tea, and Water.

Friday, May 27th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

11:30 am to 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00 per class per person.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Baked Pollack, Dijon Sauce, Pinto Beans, Carrots, Cole Slaw, Rye Bread, Banana, Coffee, Tea, and Water.



Tuesday, May 31st, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *LamBao Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am: US Movie with Subtitles in Spanish

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

12:00 pm: Seated Volleyball

Now you can play Seated Volleyball, chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

1:00 pm: Lunch, Beef Patty on Bun, Lettuce, Tomato, Cucumber Cup, Potato Salad, Peach Orange Juice, Coffee, Tea, and Water.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator at 240-777-4925 to discuss your needs.

Other Programs

Cambodian Senior Group

Meets at Long Branch on Fridays, 10:00 -11:00 am for T'ai Chi. Please call Seng Cau 240-485-6667 to confirm dates.

Chinese American Senior Services Association (CASSA)

Meets Mondays and Fridays, 10:00 am– 2:00 pm, contact, Vivien Hsueh, President, 301-530-4880 or email vhsueh@aol.com. All activities are open for all seniors to participate.

The Vietnamese Senior Association of Maryland (VSAM)

Meets every Tuesday 10:00 am to 2:00 pm. Contact Chairman and President *LamBảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net Open for all seniors to participate.

The Vietnamese American Senior Association (VASA)

Meets every Thursday from 10:00 am to 2:00 pm, for information please contact Ms. Quynh Nguyen at 301.588.6862.

Exercise and Weight Room Senior Pass Adults 55+ may register to use Long Branch Community Center's exercise and weight room or that at any other community center at \$50/year under the Silver Sneakers program, Monday through Friday, 10:00 am – 2:00 pm. Appropriate attire is required for your safety, tennis shoes and shorts or pants, no skirts or hard soled shoes.

Aging and Disability Resource Center

Client Assistance Worker from the Department of Health and Human Services Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. You can contact her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.